





Codi Arian canolfan ganser VELINDRE cancer centre Fundraising



FR FUNDRAISING Reg Charity No 1052501







Snow on the way to Roca Hut Descend

2025 will see the 160th anniversary celebrations of Welsh pioneers who left Wales for Patagonia in 1865, establishing a Welsh colony which has flourished to this day, with the Welsh language been spoken in ever increasing numbers.

On 24th November 1865 Craig Goch was climbed to the point from where "Cwm Hyfryd", or "Beautiful Valley" was seen by our Welsh ancestors and members of the Rifleros expedition. 160 years to the exact day our Velindre trek will celebrate the unique culture, history and heritage of the Welsh connection with our friends in South America, walking with Rifleros over the same ground as our ancestors.

A ceremony will be held on top of Craig Goch on 24 November as together with members of the Rifleros the Argentinian flag is lowered and replaced by the Welsh flag; both anthems will then be sung. Our trek then continues for another 5-days through stunning Patagonian countryside.

Day 1: 17 November London to Buenos Aires

Overnight flight from London to Argentina.

Day 2: 18 November

Buenos Aires to Bariloche

Met on arrival at Buenos Aires International Airport where we are then transferred to the Domestic Airport for our onward flight. On arrival into Bariloche (Chocolate capital of South America) we are met by our guides, and then transferred to our accommodation. This evening we have a trek briefing and hear more about our amazing challenge.

Day 3: 19 November El Tambo to Jakob Hut (6-7hrs trekking)

After a hearty breakfast we have a short transfer where we begin this once in a lifetime trek! Today we will hike through the Nahuel Huapi National Park to Refugio Jakob. We follow the stream at the beginning of today before crossing over it. The valley floor is stunning, the views are amazing with the mountains rising above us. The initial trail going up to Jakob will follow the valley floor. It becomes quite flat with a few undulations before arriving at Jakob Hut, which is the most basic accommodation we stay at (but the most fun)!

Day 4: 20 November Jakob Hut to Casalata Valley

(9-12hrs trekking)

After we depart Jakob Hut, we have one of the longest and toughest days on this challenge. We make our way to the Casalata Valley. The trail passes through mountain ridges, impressive valleys, rocky terrain, Andean forest with amazing views on the Andes. Once we reach the valley floor, we continue around the beautiful lake for approx. 1hr to the Hotel Tronador.









ig Craig Goch Through the Andean forest. The end of a tough trek

Day 5: 21 November Pampa Linda to Roca Hut (6-8hrs trekking)

We have a short 45-minute transfer to the Pampa Linda, the area of the Parque Nacional Nahuel Huapi for the next part of this trekking adventure, where we enjoy the most amazing views of Mount Tronador. We follow a track from Pampa Linda for approx. 1hr before following an ancient road to meet the Rio Alerce. The route takes a gradual uphill crossing small streams, grassy alpine meadows to reach Paso de las Nubes. We get some incredible viewpoints, before descending through glacially formed valleys, having views of the Glacier Frias, an amazing icefall. It's then undulating to the Roca Hut, our destination for the night.

Day 6: 22 November Refugio Roca to Lago Frias (5-7hrs trekking)

We pick up the trail from the hut and go further into the valley. We follow a well-maintained path, with glimpses through the trees of the snow-capped mountains of the region, before we reach the Lago Frias, we pass a memorial to members of the Argentine Gendarmeria who died here in a plane crash in 1952. We reach a small jetty where we board a boat for a magical trip along Nahuel Huapi lake to connect with our vehicles to take us to Bariloche. We have a chance to celebrate our achievements in Argentinean style, maybe with a 'Tango' or two.

Day 7: 23 November

Transfer to Esquel overland. Overnight in Esquel.

Day 8: 24 November Craig Goch climb (Approx. 5hrs)

We meet our fellow trekkers from Week Two and trek up to Craig Goch, the point from where Cwm Hyfryd was seen by members of the Rifleros expedition 155 years ago today. We will join today's Rifleros, many of whom are descendants of the original riders, in their lunch of lamb and chat with them about the history of their Society. They, and many others, will ride up to Craig Goch. Overnight in Esquel or Bariloche. Lunch not included.

Day 9: 25 November Bariloche to Buenos Aires

This morning we depart Bariloche on a flight to Buenos Aires to connect with the overnight flight back to London.

Day 10: 26 November Arrive London

© Ultimate Challenges This itinerary is complex and subject to change (please note, some flight schedules may change so the itinerary may need to be reversed to accommodate this).





The Mimosa Landing

On 28 May 1865 the Mimosa carrying 162 men, women and children left Liverpool. The cost of a ticket was £12 and passengers were bound for a new life in South America. The ship landed at New Bay on 28 July and the date is still celebrated each year as the anniversary of the Mimosa landing.

Despite many hardships more settlers arrived in the 1870s and 1880s. Today the population of Patagonia is around 150,000 with an estimated 20,000 people descended from Welsh settlers. The Welsh language is still spoken and Eisteddfod's held each year.

Velindre is Wales' premier Cancer Centre, providing care, support and treatment to cancer patients and their families for over 60 years.

Velindre is the major provider of radiotherapy and other specialised anti-cancer treatments in Wales. Access to radiotherapy is critical to improving patient outcomes for cancer.

We all know of family, friends and loved ones who have been touched by cancer.

The incidence of cancer is rising by 2% each year

in Wales with nearly 20,000 people diagnosed with this illness each year. One in two of us will develop cancer and 150,000 people will be living with a current or previous diagnosis of this disease. However as Velindre staff strive every day to deliver the best cancer services through exceptional care, more people than ever are living with cancer – survival rates have doubled in the last 40 years through better treatments and earlier detection.

We want to lead in the delivery and development of compassionate, individualised and effective cancer care to achieve outcomes comparable with the best in the world.

Donations to Velindre are used to fund things over and above what the NHS provide, so fundraising really does make a huge difference to our patients and their families.

We aim to provide the best care, when people need us most.

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For further details please contact:

Velindre Fundraising, Velindre Cancer Centre Whitchurch, Cardiff CF14 2TL T: 029 2031 6211 E:info@velindrefundraising.com W:www.velindrefundraising.com

@Velindre



